



# Health & Wellness



Fall 2018  
Newsletter for Job Corps Health & Wellness Staff

## Solutions

### Ramey Job Corps Center — Mental Health Awareness

The three Puerto Rico JCCs experienced devastation from Hurricane Maria in September 2017. This Spring, Ramey JCC was able to reopen and accept students who were displaced by the hurricane.

The center acknowledges the mental health challenges following a natural disaster and planned several activities during mental health month to help students still recovering from the hurricane. Center Mental Health Consultant Militza Rosado, PhD, with the assistance of other staff members, coordinated a center-wide activity where resources from the Puerto Rico Substance Abuse and Mental Health Services Administration/ Administración de Servicios de Salud Mental y Contra la Adicción (PR-SAMHSA/ASSMCA) offered a lecture on how to reach the PAS (Psychosocial First Aid-ASSMCA) hotline. This hotline offers a multidisciplinary team of mental health professionals who provide support and guidance to people who experience emotional distress.



In addition, five groups of students experiencing mental health concerns participated in the *Desahogo/Relief Workshops* (Respite/Vent). PR-SAMHSA professionals, with the support of the CMHC and Case Evaluators, conducted the training. It was an extremely emotional and productive activity for those students.

The center will continue to offer ongoing support for students who experience anxiety, especially during hurricane season.

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## Pinellas County Job Corps Center — Dental Makeover

Pinellas County JCC dentist Mendee Ligon was excited to help a young man on her center who needed extensive dental work to become employable. Dr. Ligon says, "It made my heart so happy. He smiles, he brushes, he stands taller, and he's gained confidence." This student is now planning to join the Army and has a bright future thanks to Job Corps.



## Woodland Job Corps Center — Students Learn Relaxation Techniques



Students enjoyed two events sponsored by the Wellness department in recognition of Mental Health Awareness month. On May 22, students received an orientation to the gym with Recreation Staff Reuben Greene. The students were treated to an explanation of how to lift weights properly and were able to try out the different weight machines available.

On Thursday May 24, students who signed up for Woodland's third annual spa day thoroughly enjoyed themselves. They heard the sounds of relaxing music as they entered the recreation hall and received an aromatherapy band scented with their choice of two essential oils. There were four licensed massage therapists on hand to provide each guest with a neck, back and shoulder massage. One student exclaimed, "She hit the spots!"

While waiting for their turn with a massage therapist, the students had a choice of sitting on a heated massage pad, reading handouts about relaxing activities and apps, or going to another room where they could color adult coloring sheets while enjoying a cup of herbal tea with honey. They also received stress balls.

Through exposure to all of these activities, the students learned healthy ways to relax, an important component of maintaining good mental health.

## Potomac Job Corps Center — Color Run

The Potomac JCC Color Run was in honor of Mental Health Awareness Month. According to CMHC Dr. Hodge, "We organized the color run to highlight mental illness and to allow students to run for a cause. Many of the students ran in honor of loved ones suffering from mental illness. We chose this activity around the theme for Mental Health Awareness Month which was Fitness #4Mind4Body. We felt this activity would be a great way to highlight the theme of mind and body self-care. Both students and staff participated in the activity which was a total success. We plan to do it again next year."



## 2018 Health Observances

### October

- Domestic Violence Awareness Month  
<http://www.ncadv.org>
- National Bullying Prevention Month  
<https://bit.ly/2MvJ68S>
- National Dental Hygiene Month  
<https://bit.ly/1LmDYBS>
- October 7 - 13  
Mental Illness Awareness Week  
<https://bit.ly/1VdkjJm>
- October 11  
National Depression Screening Day  
<https://bit.ly/1uHdrrF>
- October 15  
National Latino AIDS Awareness Day  
<http://www.nlaad.org>

### November

- American Diabetes Month  
<https://bit.ly/UBpwwF>
- November 16  
Great American Smokeout  
<https://bit.ly/2g9TgRO>

### December

- December 1  
World AIDS Day  
<http://www.worldaidsday.org>
- December 2-8  
National Influenza Vaccination Week  
<https://bit.ly/2zes4qR>

## Mental Health Apps

There are tons of apps that focus on improving mental health using meditation, hypnosis, mindfulness techniques, cognitive behavioral therapy (CBT), and other modalities. The apps can also provide a valuable support network for users. However, how can you find mental health apps that are evidence based and effective? There is a resource for that provided by PsyberGuide, which is funded by One Mind, a leading non-profit organization in brain health research. It's aim is to help people make responsible and informed decisions about apps and other digital tools for mental health, by providing unbiased reviews. PsyberGuide can help you find the most effective app for a variety of target audiences and mental health conditions and is available at <https://psyberguide.org/apps/>.



## Web Resources and News

**Monitor this year's flu season**—The details are available at: <https://www.cdc.gov/flu>.

**APHA Infographic Public Health takes on obesity: A route to better health**—the infographic is available at: <https://bit.ly/1fcOE1H>.

**Exposure to tobacco smoke can considerably impact health of teens**—The article is available at: <https://bit.ly/2xhVmnP>.

## Webinars on the Job Corps Web

### Upcoming Webinars

- Oral Health Hot Topics—September 24
- Preventing School Shootings: Knowing the Warning Signs—October 1
- Working with LGBT Students in Relation to Substance Use Disorders—October 2 & 3
- TEAP: Ethics and Boundaries to Enhance Effectiveness—October 16 & 17
- Family Planning Update—October 23
- TEAP Hot Topics—November 6 & 7
- Ethical Decision Making for CMHCs in the Job Corps Environment—November 8
- Taming the Chaos: Strategies for De-escalating Situations—November 27
- Breaking Up is Hard to Do: How to Understand and Support Job Corps Students Through Relationship Breakups—December 4

You must login and register at the Job Corps Citrix website at: <http://icweb.jobcorps.org/EventBoard/EventList.aspx>.

### Past Webinars

- PrEP and PEP: Decreasing the Risk of HIV Infection — September 12
- Ethical Decision Making for Nurses in Job Corps — August 21
- School Shooter: The Dynamics of Violence — August 14
- Health and Wellness Manager Orientation — July 16 & 18

Webinars are available for download at: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>.